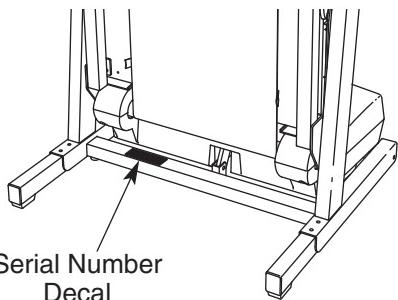


PRO-FORM®

350

Model No. PFTL31105.0

Serial No. _____



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.

CALL TOLL-FREE:

1-888-533-1333

Mon.-Fri., 6 a.m.-6 p.m. MST

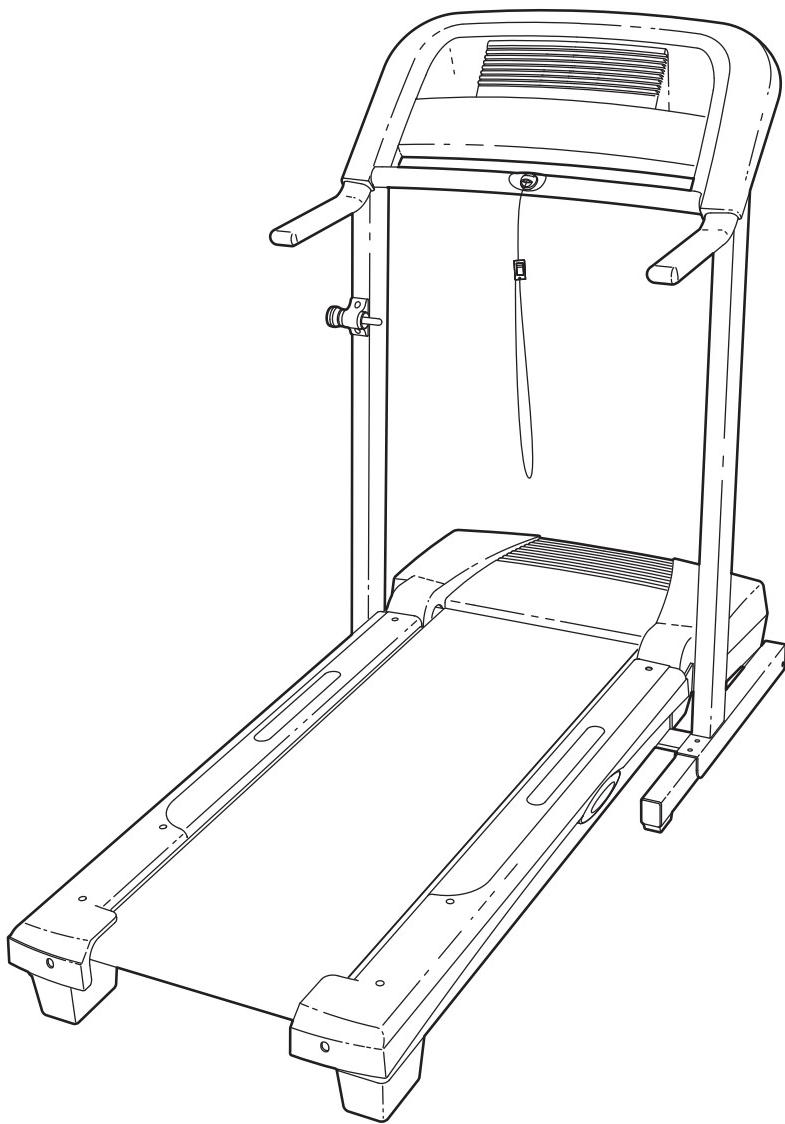
ON THE WEB:

www.proformservice.com

CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



Visit our website at

www.proform.com

new products, prizes,
fitness tips, and much more!

PRO-FORM®

350

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Note: An EXPLODED DRAWING and a PART LIST are attached in the center of this manual.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
2. Use the treadmill only as described.
3. Place the treadmill on a level surface, with at least eight feet of clearance behind it and two feet on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
4. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
5. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
6. Keep children under the age of 12 and pets away from the treadmill at all times.
7. The treadmill should be used only by persons weighing 250 pounds or less.
8. Never allow more than one person on the treadmill at a time.
9. Wear appropriate exercise clothes while using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes; never use the treadmill with bare feet, wearing only stockings, or in sandals.*
10. When connecting the power cord (see page 9), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.
11. Use only a single-outlet surge suppressor that meets all of the specifications described on page 9. To purchase a surge suppressor, see your local PROFORM dealer or call the toll-free telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.
12. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate, or stop unexpectedly, which may result in a fall and serious injury.
13. Keep the power cord and the surge suppressor away from heated surfaces.
14. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 15 if the treadmill is not working properly.)
15. Read, understand, and test the emergency stop procedure before using the treadmill (see OPERATION AND ADJUSTMENT (see page 9)).
16. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
17. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
18. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
19. Never leave the treadmill unattended while it is running. Always remove the key and unplug the power cord when the treadmill is not in use.
20. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 13.) You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.
21. When folding or moving the treadmill, make sure that the storage latch is fully closed.

22. Inspect and properly tighten all parts of the treadmill regularly.
23. Never insert any object into any opening.
24. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the

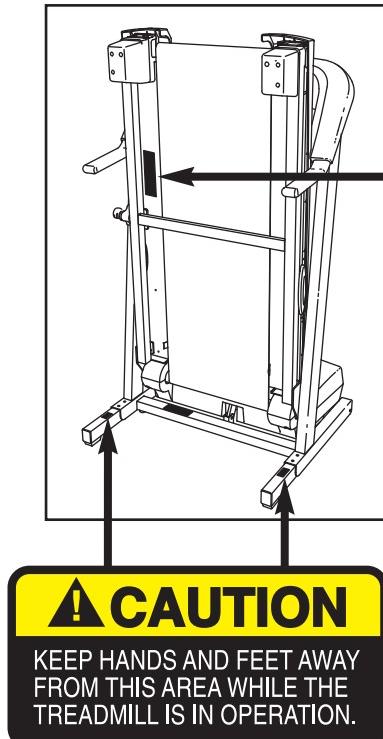
motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

25. This treadmill is intended for in-home use only. Do not use this treadmill in a commercial, rental, or institutional setting.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

The decals shown here have been placed on your treadmill. If a decal is missing, or if it is not legible, please call the toll-free telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown. Note: The decals are not shown at actual size.



BEFORE YOU BEGIN

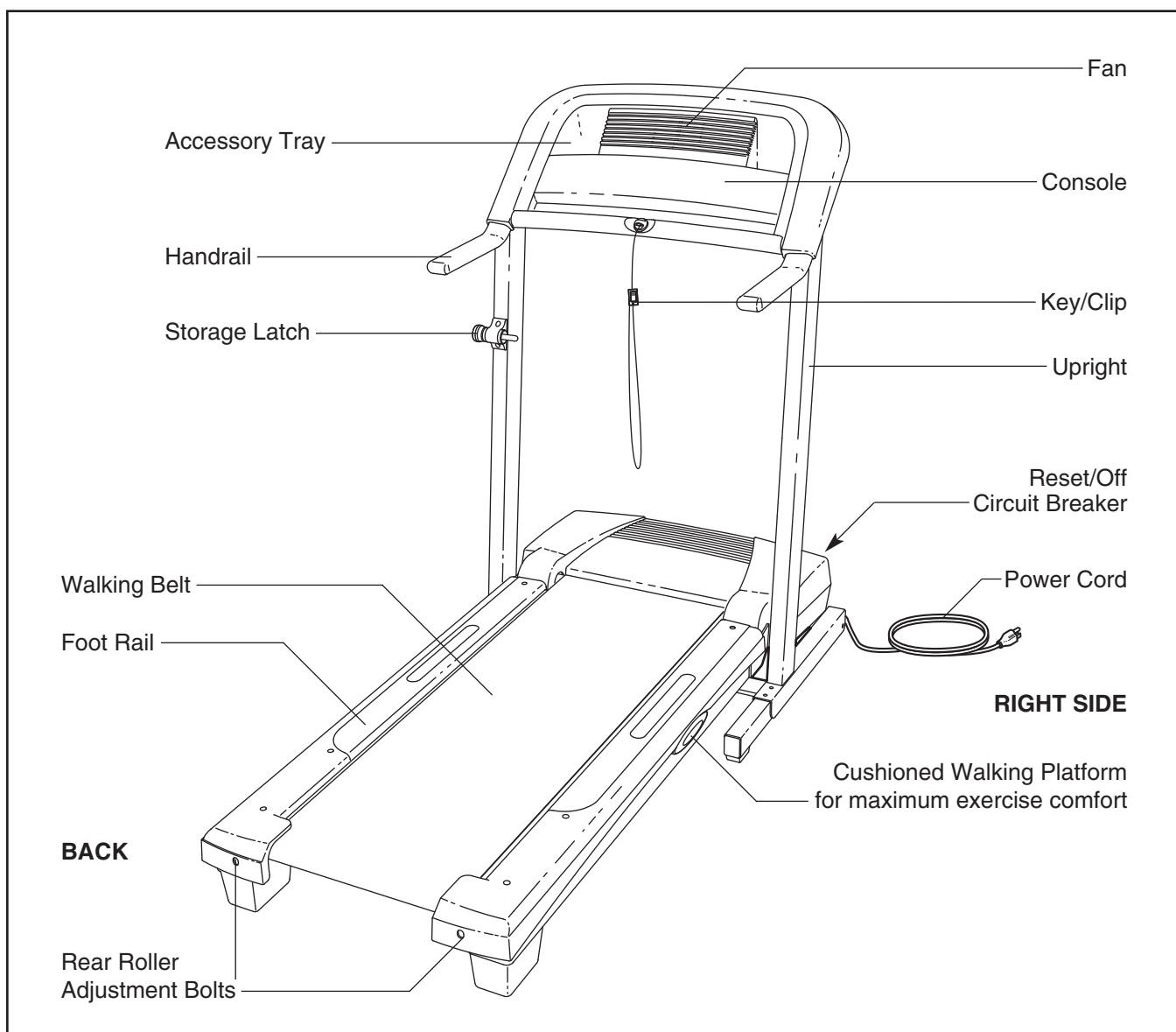
Thank you for selecting the new PROFORM® 350 treadmill. The PROFORM 350 treadmill offers a selection of features designed to make your workouts at home more effective and enjoyable. And when you're not exercising, the PROFORM 350 treadmill can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have questions after reading this manual, see the front cover of this manual. To help us assist you, please note the product model

number and serial number before calling. The model number of the treadmill is PFTL31105.0. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

To avoid a registration fee for any service needed under warranty, you must register the treadmill at www.proformservice.com/registration.

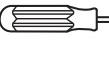
Before reading further, please review the drawing below and familiarize yourself with the labeled parts.



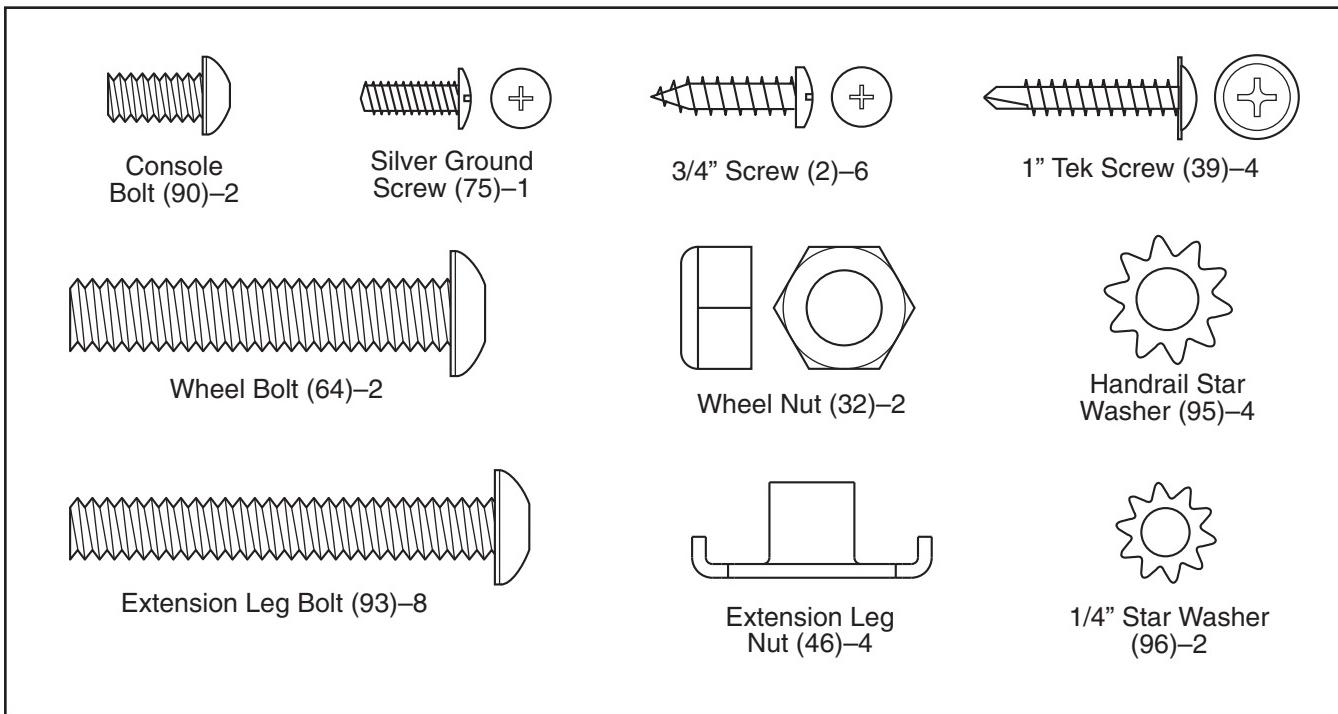
ASSEMBLY

To hire an authorized service technician to assemble the treadmill, call toll-free 1-800-445-2480.

Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

Assembly requires the included allen wrenches  and your own phillips screwdriver , rubber mallet , and adjustable wrench .

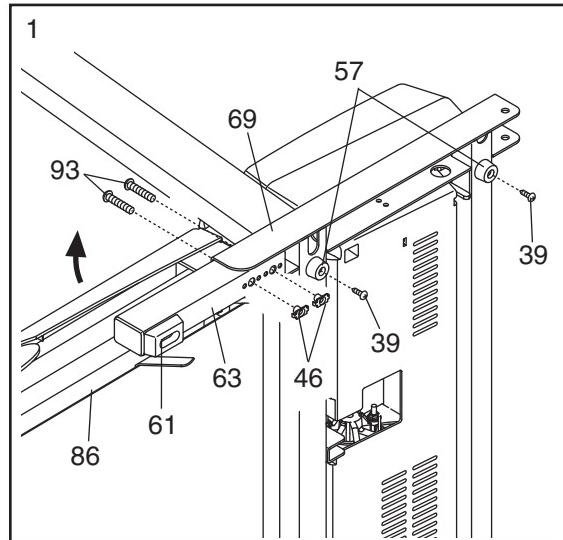
For help identifying the assembly hardware, see the drawings below. If a part is not in the parts bag, check to see if it has been pre-assembled. To avoid damaging plastic parts, do not use power tools for assembly.



1. Make sure that the power cord is unplugged. With the help of a second person, carefully tip the treadmill onto its left side as shown. Partially fold the Frame (86) so the treadmill is more stable. **Do not fully fold the treadmill until it is completely assembled.**

Orient an Extension Leg (63) so the Base Pad (61) is in the position shown, and insert the Extension Leg into the base of the Uprights (69). If necessary, use a rubber mallet to fully insert the Extension Leg. Next, hold two Extension Leg Nuts (46) in the bottom of the Extension Leg, and insert two Extension Leg Bolts (93) into the top of the Extension Leg. Firmly tighten the Extension Leg Bolts into the Extension Leg Nuts.

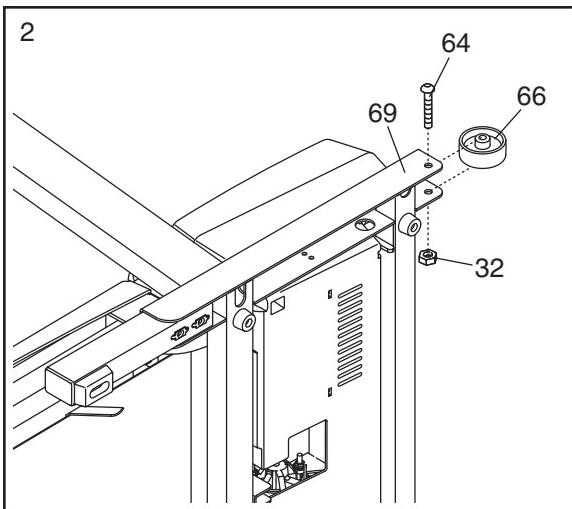
Attach two Base Pads (57) to the base of the Uprights (69) with two 1" Tek Screws (39).



2. Attach a Wheel (66) to the base of the Uprights (69) with a Wheel Bolt (64) and a Wheel Nut (32) as shown. **Do not overtighten the Wheel Bolt**; the Wheel should turn freely.

With the help of a second person, carefully tip the treadmill onto its other side. See assembly step 1 and attach the other Extension Leg (63) and Base Pads (57). Next, attach the other Wheel (66) as described above.

With the help of a second person, carefully tip the treadmill so the base of the Uprights (69) is flat on the floor.

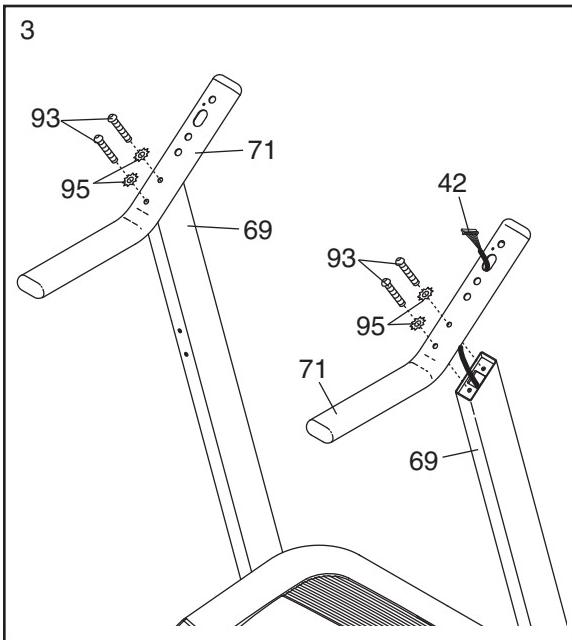


3. If there is a board between the Uprights (69), remove the board and the two bolts. Discard the board and the bolts.

Remove the tie from the Wire Harness (42). Hold one of the Handrails (71) near the right Upright (69), and insert the Wire Harness into the opening in the bottom of the Handrail and out of the indicated hole in the top.

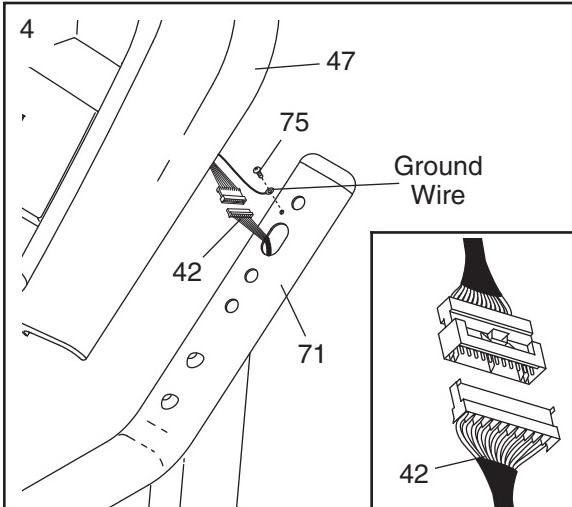
Set the Handrail (71) on the right Upright (69), and tighten two Extension Leg Bolts (93) with two Handrail Star Washers (95) into the Handrail and the right Upright. **Make sure that the Wire Harness (42) is not pinched.**

Attach the other Handrail (71) to the left Upright (69) as described above. Note: There is not a wire harness on the left side.

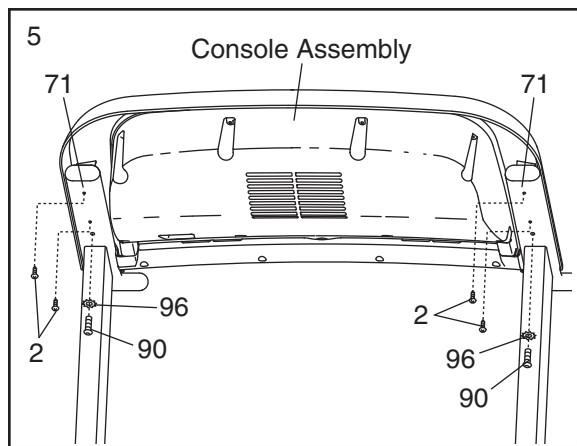


4. Have another person hold the Console Base (47) near the right Handrail (71). **There may be a green ground wire coming from the Console Base.** If there is, attach the end of the ground wire to the indicated small hole in the right Handrail with the Silver Ground Screw (75).

Connect the Wire Harness (42) to the wire harness on the Console Base (47). **Make sure to connect the connectors properly (see the inset drawing).** The connectors should slide together easily and snap into place. If the connectors do not slide together easily and snap into place, turn one connector and try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**

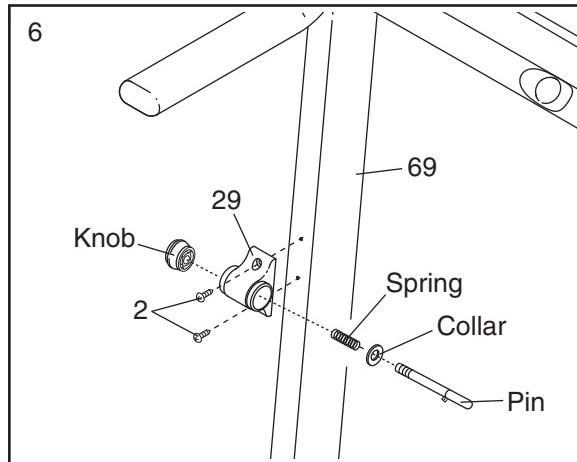


- Set the console assembly on the Handrails (71); insert the excess wiring down into the right Handrail. Attach the console assembly with four 3/4" Screws (2), two Console Bolts (90), and two 1/4" Star Washers (96) as shown. **Make sure that no wires are pinched. Start all four Screws and both Console Bolts before tightening any of them.**



- Attach the Latch Housing (29) to the left Upright (69) with two 3/4" Screws (2). **Make sure that the large hole in the Latch Housing is on the side shown. Do not over-tighten the Screws.**

Remove the knob from the pin. Make sure that the collar and the spring are on the pin as shown. Insert the pin into the Latch Housing (29), and tighten the knob back onto the pin.



- Make sure that all parts are properly tightened before you use the treadmill.** Note: Extra hardware may be included. Keep the included allen wrenches in a secure place; the large allen wrench is used to adjust the walking belt (see page 16). To protect the floor or carpet, place a mat under the treadmill.

OPERATION AND ADJUSTMENT

THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT:** Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.

HOW TO PLUG IN THE POWER CORD

DANGER: Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or service-man if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge suppressor with your treadmill (see drawing 1 at the right). To purchase a surge suppressor, see your local PROFORM dealer or call the toll-free telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.**

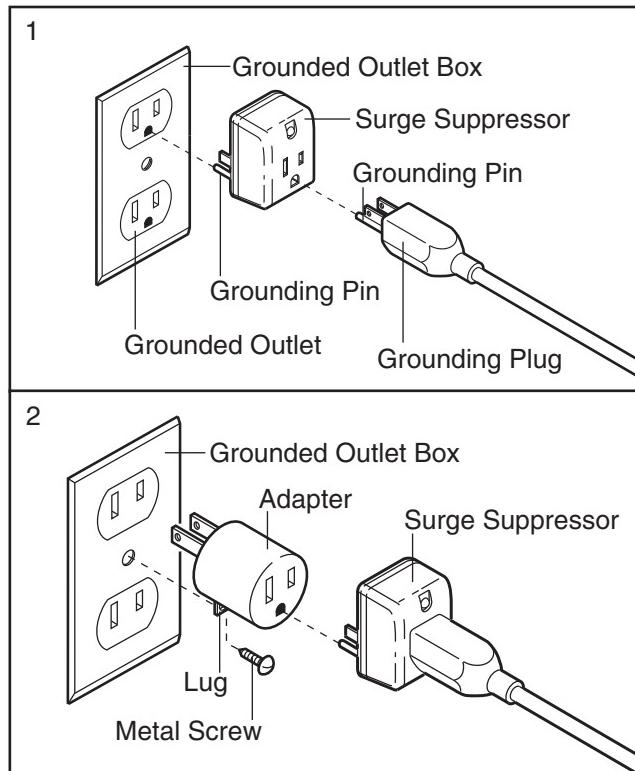
Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules.

The surge suppressor must be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate or stop unexpectedly, which may result in a fall and serious injury.

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of elec-

tric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.** **Important:** The treadmill is not compatible with GFCI-equipped outlets.

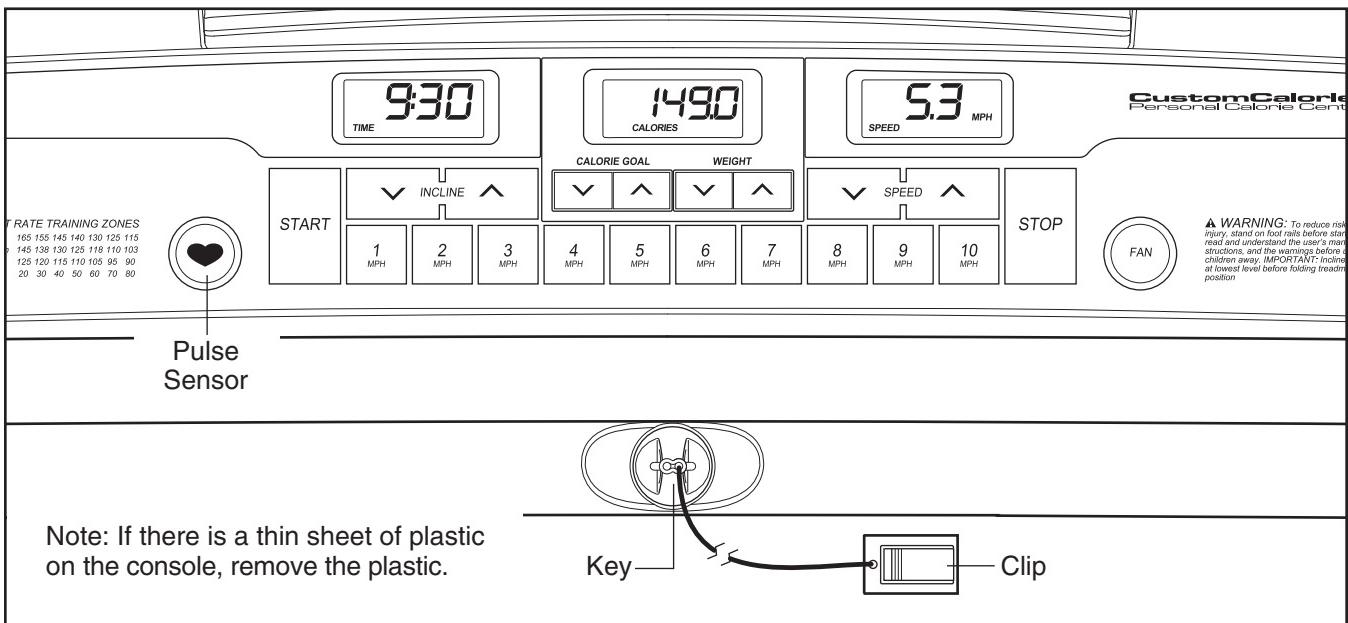
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.



The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The treadmill console offers a selection of features designed to make your workouts more effective. During each workout, you can change the speed and incline of the treadmill the touch of a button. As you exercise, the console will display continuous exercise feedback; you can even measure your heart rate using the built-in pulse sensor.

CustomCalories™ Personal Calorie Center

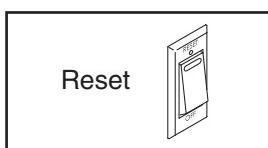
As you walk or run on the treadmill, the console will display the approximate number of calories you have burned. If desired, you can set a calorie goal before each workout, and the console will count down the calories you burn until you reach your goal.

HOW TO OPERATE THE CONSOLE

Note: To prevent damage to the walking platform, always wear clean shoes while using the treadmill.

1 Insert the key into the console.

Plug in the power cord (see page 9). Next, locate the reset/off circuit breaker on the treadmill frame near the power cord. Make sure that the circuit breaker is in the "reset" position.



Next, stand on the foot rails of the treadmill. Locate the clip attached to the key (see the drawing above), and slide the clip securely onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will light. **Important: In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**

2 Enter your weight if desired.

For the most accurate calorie count, enter your weight into the console by pressing the Weight increase and decrease buttons repeatedly. Note: Once you have entered your weight, your weight will be saved in memory.



3 Set a calorie goal for your workout if desired.

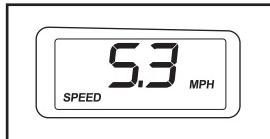
If you do not plan to set a calorie goal, go to step 4. To set a calorie goal, press the Calorie Goal increase and decrease buttons repeatedly. The calorie goal will change in increments of 50 calories.



4 Start the walking belt.

To start the walking belt, press the Start button, the Speed increase button, or one of the ten numbered buttons.

If the Start button or the Speed increase button is pressed, the walking belt will begin to move at 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time a button is pressed, the speed setting will change in increments of 0.1 mph; if a button is held down, the speed setting will change in increments of 0.5 mph. Note: After the buttons are pressed, it may take a moment for the walking belt to reach the selected speed setting.



If one of the ten numbered buttons is pressed, the walking belt will gradually increase in speed until it reaches the selected speed setting.

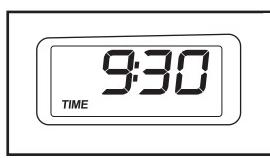
To stop the walking belt, press the Stop button. The time will begin to flash in the left display. To restart the walking belt, press the Start button, the Speed increase button, or one of the ten numbered buttons.

5 Change the incline of the treadmill as desired.

To change the incline of the treadmill, press the Incline increase or decrease button until the desired incline level is reached.

6 Follow your progress with the three displays.

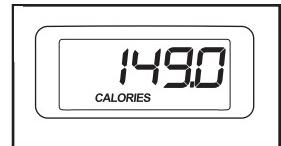
The left display—The left display will show the elapsed time and the distance that you have walked or run during your workout. The display will change from one mode to the other every few seconds.



Note: The console can display distance and speed in either miles or kilometers, as shown by the letters MPH or Km/H in the right display. To change the unit of measurement, see THE INFORMATION MODE/DEMO MODE on page 12. **For simplicity, all instructions in this section refer to miles.**

The center display—

The center display will show the approximate number of calories you have burned during your workout. Note: If



you set a calorie goal, the display will show the number of calories remaining to be burned. When only one calorie remains, the center display will flash and the console will emit a series of tones. When you reach your calorie goal, the walking belt will automatically slow to a stop.

The right display—The right display will show the speed of the walking belt. The display will also show your heart rate when you use the pulse sensor.

To reset the displays, press the Stop button, remove the key, and then reinsert the key.

7 Measure your heart rate if desired.

To measure your heart rate, **stand on the foot rails** and place your left thumb on the pulse sensor (see the drawing at the top of page 10). **Do not press too hard, or the circulation in your thumb will be restricted and your pulse may not be detected.** When your pulse is detected, a heart-shaped indicator in the right display will flash each time your heart beats, one or two dashes will appear, and then your heart rate will be shown. **For the most accurate heart rate reading, hold your thumb on the pulse sensor for at least 15 seconds.**

If the displayed heart rate appears to be too high or too low, or if your heart rate is not displayed, lift your thumb for a few seconds, and then reposition your thumb on the pulse sensor. Remember to stand still while measuring your heart rate.

8 When you are finished, remove the key.

Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting or the treadmill will become damaged when it is folded to the storage position.** Next, remove the key from the console and put it in a secure place. Note: If the displays remain lit, the console is in the “demo” mode. See page 12 and turn off the demo mode.

Switch the reset/off circuit breaker to the “off” position and unplug the power cord.

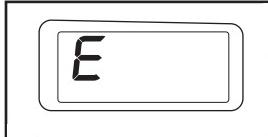
THE INFORMATION MODE/DEMO MODE

The console features an information mode that keeps track of treadmill usage information and allows you to select a unit of measurement for the console.

To select the information mode, insert the key into the console while holding down the Stop button, and then release the Stop button. When the information mode is selected, the following information will be shown:

The left display will show the total number of hours that the treadmill has been used and the total number of miles (or kilometers) that the walking belt has moved.

An “E” (for English) or an “M” (for metric) will appear in the right display. Press the Speed increase button to change the unit of measurement, if desired.



IMPORTANT: If a “d” appears in the right display, the console is in the “demo” mode. This mode is intended to be used only when a treadmill is displayed in a store. When the console is in the demo mode, the power cord can be plugged in, the key can be removed from the console, and the displays will remain lit, although the buttons will not operate. **If a “d” appears when the information mode is selected, press the Speed decrease button so the “d” disappears.**

To exit the information mode, remove the key from the console.

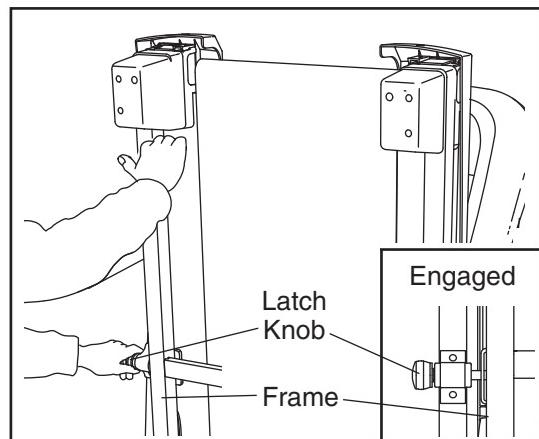
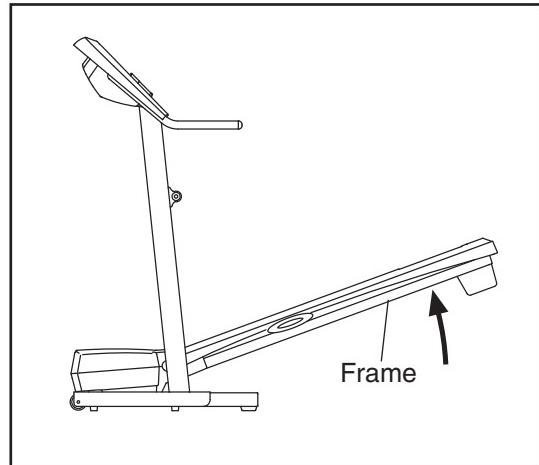
HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

Before folding the treadmill, adjust the incline to the lowest position. If this is not done, the treadmill may be permanently damaged. Next, unplug the power cord. **CAUTION:** You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.

1. Hold the metal frame firmly in the location shown by the arrow at the right. **CAUTION:** To decrease the possibility of injury, do not lift the treadmill by the plastic foot rails. Make sure you bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back. Raise the treadmill about halfway to the vertical position.
2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the latch knob to the left and hold it. Raise the frame until the hole in the frame is aligned with the latch pin. Slowly release the latch knob; **make sure that the latch pin is fully inserted into the hole in the frame.**

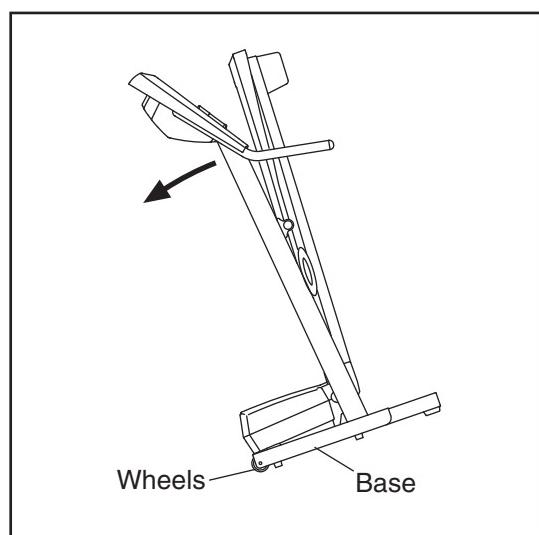
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.



HOW TO MOVE THE TREADMILL

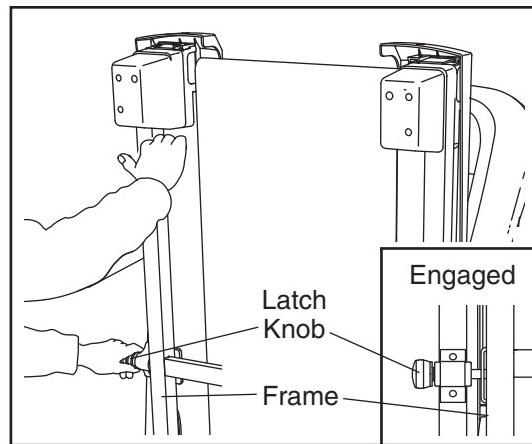
Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the latch pin is fully inserted into the hole in the frame.**

1. Hold the upper ends of the handrails, and place one foot against one of the wheels.
2. Tilt the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution while moving the treadmill. Do not move the treadmill over an uneven surface.**
3. Place one foot against one of the wheels, and carefully lower the treadmill until it is resting in the storage position.

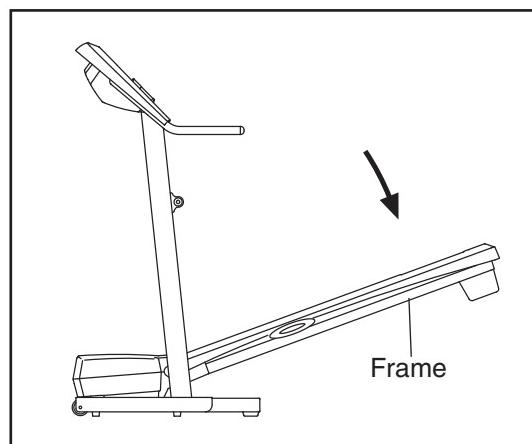


HOW TO LOWER THE TREADMILL FOR USE

Hold the treadmill with your right hand as shown. Pull the latch knob to the left and hold it. Pivot the treadmill down until the frame is past the latch pin.



2. **Hold the metal frame firmly with both hands**, and lower the treadmill to the floor. **CAUTION: To decrease the possibility of injury, do not lower the treadmill by gripping only the plastic foot rails. Do not drop the treadmill frame to the floor. Be sure to bend your legs and keep your back straight.**



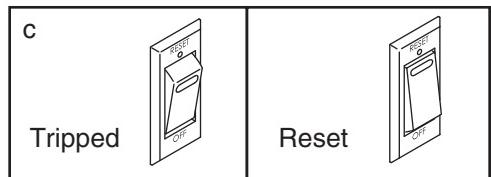
TROUBLESHOOTING

Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please call the toll-free telephone number on the front cover of this manual.

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 9). Use only a single-outlet surge suppressor that meets all of the specifications described on page 9. Important: The treadmill is not compatible with GFCI-equipped outlets.

- b. After the power cord has been plugged in, make sure that the key is inserted into the console.
- c. Check the reset/off circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.

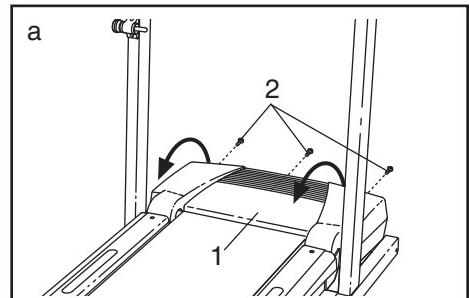


PROBLEM: The power turns off during use

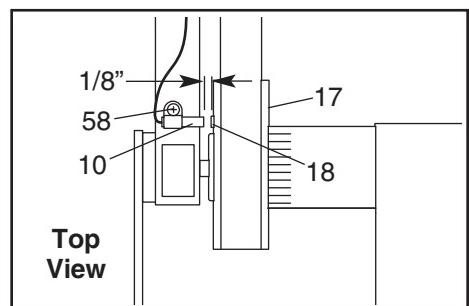
- SOLUTION:** a. Check the circuit breaker located on the treadmill frame near the power cord (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.
- b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.
 - c. Remove the key from the console. Reinsert the key into the console.
 - d. If the treadmill still will not run, see the front cover of this manual.

PROBLEM: The displays of the console do not function properly

SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD**. Remove the Screws (2) from the Hood (1), and carefully pivot the Hood off.



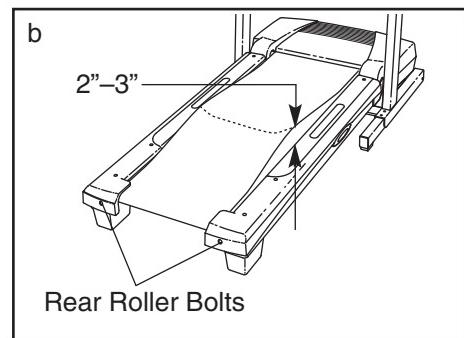
Locate the Reed Switch (10) and the Magnet (18) on the left side of the Pulley (17). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8"**. If necessary, loosen the Screw (2), move the Reed Switch slightly, and then retighten the Screw. Reattach the Hood (not shown), and run the treadmill for a few minutes to check for a correct speed reading.



PROBLEM: The walking belt slows when walked on

SOLUTION: a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 9.

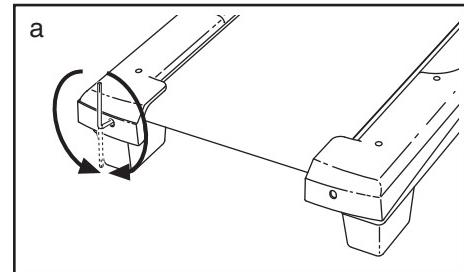
- b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 2 to 3 inches off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



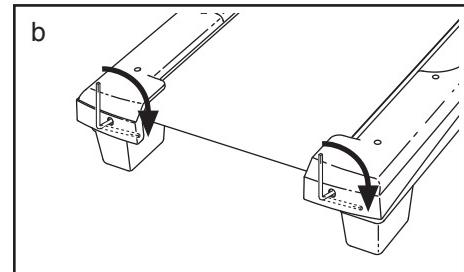
- c. If the walking belt still slows when walked on, see the front cover of this manual.

PROBLEM: The walking belt is off-center or slips when walked on

SOLUTION: a. If the walking belt is off-center, first remove the key and **UNPLUG THE POWER CORD**. If the walking belt has shifted to the left, use the allen wrench to turn the left rear roller bolt clockwise 1/2 of a turn; if the walking belt has shifted to the right, turn the left bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



- b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 2 to 3 inches off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



CONDITIONING GUIDELINES

WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. For more detailed exercise information, obtain a reputable book or consult your physician.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning and aerobic exercise.

HEART RATE TRAINING ZONES						
AEROBIC	165	155	145	140	130	125
MAX FAT BURN	145	138	130	125	118	110
FAT BURN	125	120	115	110	105	95
Age 20	30	40	50	60	70	80

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers define your "training zone." The lower two numbers are recommended heart rates for fat burning; the higher number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for energy. Only after the first few minutes does your body

begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near the lowest number in your training zone.

For maximum fat burning, adjust the speed and incline of the treadmill until your heart rate is near the middle number in your training zone.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A Warm-up—Start each workout with 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise.

Training Zone Exercise—After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

A Cool-down—Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

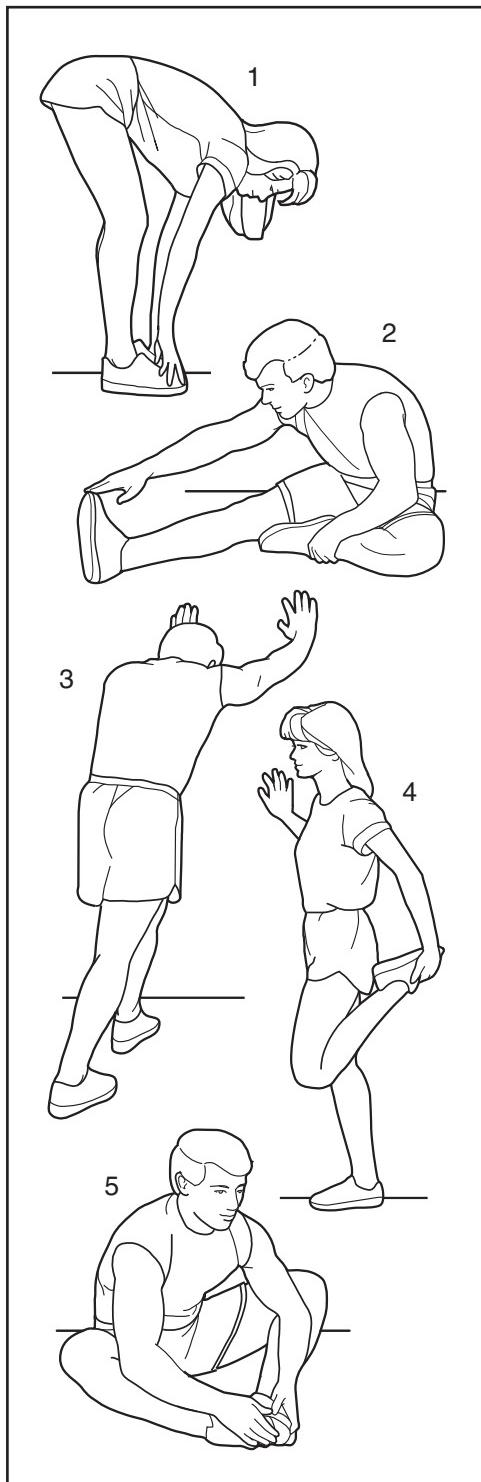
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



NOTES

PART LIST—Model No. PFTL31105.0

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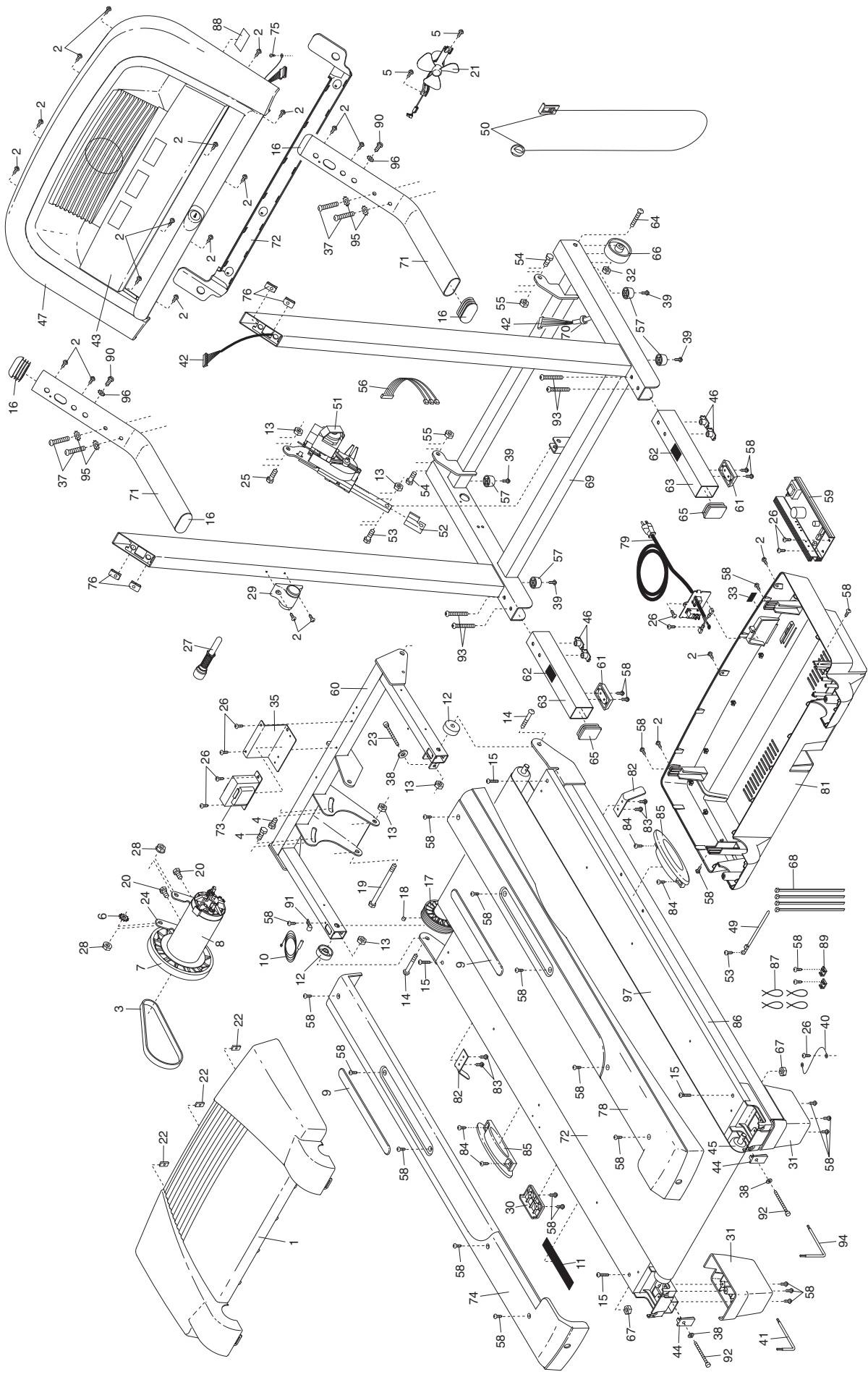
Key	No.	Qty.	Description	Key	No.	Qty.	Description	Key	No.	Qty.	Description
1	1	1	Hood	35	1	1	Electronics Bracket	72	1	1	Walking Belt
2	16	16	3/4" Screw	36	1	1	Right Grip Plate	73	1	1	Choke
3	1	1	Motor Belt	37	4	4	Handrail Bolt	74	1	1	Left Foot Rail
4	1	1	Motor Tension Bolt	38	3	3	Washer	75	1	1	Silver Ground Screw
5	2	2	Fan Screw	39	6	6	1" Tek Screw	76	4	4	U-nut
6	1	1	Motor Star Washer	40	1	1	Ground Wire	77	4	4	Belly Pan Screw
7	1	1	Flywheel	41	1	1	5/32" Allen Wrench	78	1	1	Right Foot Rail
8	1	1	Drive Motor	42	1	1	Wire Harness	79	1	1	Power Cord
9	2	2	Foot Rail Cover	43	1	1	Console	80	1	1	Walking Platform
10	1	1	Reed Switch	44	2	2	Rear Roller Plate	81	1	1	Belly Pan
11	1	1	Latch Warning Decal	45	1	1	Rear Roller	82	2	2	Belt Guide
12	2	2	Frame Spacer	46	4	4	Extension Leg Nut	83	4	4	Belt Guide Screw
13	5	5	Frame Pivot	47	1	1	Console Base	84	4	4	Isolator Fastener
			Nut/Motor Nut	48	10	10	1/2" Screw	85	2	2	Isolator Cushion
14	2	2	Frame Pivot Bolt	49	1	1	Wire Clamp	86	1	1	Frame
15	6	6	Walking Platform	50	1	1	Key/Clip	87	4	4	Releasable Tie
			Screw	51	1	1	Incline Motor	88	1	1	Warning Decal
16	4	4	Handrail Endcap	52	1	1	Incline Bracket	89	2	2	Cable Tie Clamp
17	1	1	Front Roller/Pulley	53	1	1	Incline Motor	90	2	2	Console Bolt
18	1	1	Magnet				Bolt, Lower	91	1	1	Sensor Clip
19	1	1	Motor Pivot Bolt	54	2	2	Incline Pivot Bolt	92	2	2	Rear Roller
20	2	2	Motor Bracket Bolt	55	2	2	Incline Pivot Nut				Adjustable Bolt
21	1	1	Fan	56	1	1	Motor Controller Wire	93	4	4	Extension Leg Bolt
22	2	2	Belly Pan Clip	57	4	4	Round Base Pad	94	1	1	Allen Wrench
23	1	1	Front Roller	58	21	21	3/4" Tek Screw	95	4	4	Handrail Star Washer
			Adjustment Bolt	59	1	1	Controller	96	2	2	1/4" Star Washer
24	1	1	Motor Mount Bracket	60	1	1	Lift Frame	97	1	1	Walking Platform
25	1	1	Incline Motor	61	2	2	Base Pad	#	1	1	6" Black Wire, 2 Ring
			Bolt, Upper	62	2	2	Warning Decal	#	1	1	4" Black Wire, 2F
26	9	9	Ground Screw	63	2	2	Extension Leg	#	1	1	4" Black Wire, M/F
27	1	1	Latch Assembly	64	2	2	Wheel Bolt	#	1	1	6" Green Wire, F/R
28	1	1	Motor Tension Nut	65	4	4	Base Endcap	#	1	1	4" White Wire, M/F
29	1	1	Latch Housing	66	2	2	Wheel	#	1	1	4" Blue Wire, 2F
30	1	1	Latch Catch	67	2	2	1/4" Nut	#	1	1	4" Red Wire, M/F
31	2	2	Rear Endcap Pad	68	4	4	8" Cable Tie	#	1	1	User's Manual
32	2	2	Wheel Nut	69	1	1	Uprights				
33	2	2	Static Decal	70	1	1	Grommet				
34	1	1	Left Grip Plate	71	2	2	Handrail				

*Includes all parts shown in the box

#These parts are not illustrated

EXPLODED DRAWING—Model No. PFTL31105.0

R0406A



ORDERING REPLACEMENT PARTS

To order replacement parts, see the front cover of this manual. To help us assist you, please be prepared to give the following information:

- the MODEL NUMBER of the product (PFTL31105.0)
- the NAME of the product (PROFORM 350 treadmill)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER AND DESCRIPTION OF THE PART(S) (see the EXPLODED DRAWING and the PART LIST attached in the center of this manual)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The drive motor is warranted for three (3) years after the date of purchase. Parts and labor are warranted for ninety (90) days after the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; to products used for commercial or rental purposes; or to products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813